

Fingertip Balloon

Step-by-Step Instructions:

1. Distribute one balloon to each participant.
2. Instruct participants to inflate their balloons and tie tops.
3. Ask participants to stand and form a line or circle so that all participants can be clearly seen by the facilitator.
4. Explain to participants that when you say “go” they will begin to balance the balloon on one finger. Instruct them not to hold or bounce their balloons, but simply try to balance it on one finger.
5. When you say “go,” start your timer and see who can balance the balloon for the longest time. Give the participants several tries to see if they can improve their times.

Group Size: 11 to 25

Time Needed: 1 to 10 minutes

Goal: To reflect on the importance of being still

Audience: Couples, Teens, Parents, Children, Singles

Special Considerations: None

Resources Needed:

- ✓ 1 balloon per person
- ✓ Stopwatch

Tips for Discussion and Processing

This game may seem really simple, but it is amazing how much participants enjoy it. They often get competitive but also very encouraging with each other. After participants are seated again, you can discuss which techniques worked the best. Often those who are able to be really still, quiet and away from others do the best. The group can reflect on how important it is to find time in life to be still, quiet and away from others.